

## Daily Exercises

### MONDAY (Day 1)-Chest & Triceps

1. Pec Dec Machine (squeeze) 3 sets (10)
2. Calves (superset with pec dec) 3 sets (10-8-6)
3. Incline Press 2 sets (10)
4. Chest Press Machine or Bench Press 2 sets (10-8)
5. Close-grip Bench Press (Smith Machine) 2 sets (10)
6. Dumbbell Flys or Cable Crossovers 2 sets (10)
7. Tricep Push Down (palm down) 2 sets (10)
8. Tricep Push Down (palm up) 3 sets (8)

### TUESDAY (Day 2)-Legs & Light Biceps

1. Leg Extensions 3 sets (8)
2. Leg Curls (superset with extensions)  
**CHOOSE #3 OR #4:**
3. Leg Press 4 sets (8)
4. Squats 4 sets (8)
5. Stiff Leg Dead Life (superset with curls) 2 sets (8)
6. Straight Bar Bicep Curls 3 sets (10)

### WEDNESDAY (Day 3)-Off Day or Cardio

### THURSDAY (Day 4)-Back & Calves

1. Pull Down or Pull Ups 4 sets (8)  
**CHOOSE #2 or #3:**
2. Seated Rows 3 sets (8)
3. Bent Over Rows 3 sets (8)
4. Shrugs (superset with calves) 3 sets (8)
5. Calves (superset with shrugs) 3 sets (10)
6. Hyper-Extensions (lower back) 3 sets (12)

### FRIDAY (Day 5)-Shoulders, Biceps, & Light Triceps

1. Rear Delt Flys 3 sets (8)
2. Biceps (machine) 2 sets (10)
3. Delt Press 3 sets (8)
4. Biceps (dumbbell) 3 sets (10)
5. Lateral Raises 3 sets (8)
6. Biceps (cable) 2 sets (10)
7. Triceps 3 sets (8)

Rest at the end of workout\*Stay intense!

Approximate training time: **20-25 min.** each